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## 2008 October Newsletter

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# Life Renewal Institute Newsletter



Vol. 22

251 Stenton Ave., Plymouth Meeting, PA 19462

October 2008



*"Every word, facial expression, gesture, or action on the part of a parent gives the child some message about self-worth. It is sad that so many parents don't realize what message they are sending." ~Unknown*

## Editor's Corner

## Self Worth, etc.

### In This Issue:

[Editor's Corner](#)  
[Self Worth](#)  
[Testimonies](#)  
[MP3 Download Available](#)  
[Q & A](#)  
[Upcoming Live Events](#)  
[Announcements](#)  
[Keep Going](#)  
[Available Seminars](#)  
[Product Suggestions](#)

Visit Ron and Nancy's



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*"Be who you are  
and say what  
you feel, because  
those who mind  
don't matter and  
those who  
matter don't  
mind" — Dr. Suess*

*"I'm not sure I like what's inside me..."*

*"I don't like to admit it – but I know something's wrong in my life..."*

*"Even when I get what I think I want it's not what I want..."*

*"If I face what's truly going on inside of me, I have to admit – I'm deeply disappointed..."*

Have you ever felt this way? This used to be my whole life. I prayed, read my Bible, and got involved in church. Why was nothing getting better? I got angry when it was suggested to me that I needed to look at my background and that I may have dysfunction to work through. Being desperate because life wasn't working, I took the suggestion and have been forever glad I did. There was one missing component that I had never thought of. God cannot work changes in me if I am not truthful even with myself of what's really going on inside? Problem was I didn't know how to be truthful; I had lived in denial of my true thoughts and feelings for so long. It's time to take off the masks, be real, and let God work his perfect work in you.

Dr. Larry Crabb, in his book "Inside Out" says, *"God's desire is to get down to the core of my being – where I wrestle with anger, where I wrestle with sexual urges that shouldn't be there, where I feel distant from others, where there's depression I hide from everyone else - to get down to the real issues of life and accomplish change from the inside out."*

In this newsletter are tools that will help you start on this discovery process. We would love to hear your feedback, stories, questions, comments, or suggestions.  
[audrey@yourLRI.com](mailto:audrey@yourLRI.com)

Audrey Woods



By Ron and Nancy Rockey



Noleen is a bag-lady. She lives on the streets of a moderate size city in an area with moderate climate. Good thing, because she sleeps under the dock that extends out into the small lake in the town's park. She covers herself at night with a quilt that she found in a dumpster at the Methodist Church in town. As a matter of fact, most of her wardrobe, which she carries in a very soiled purple suitcase that she found behind the local Wal-Mart, are hand-me-downs left at the Good-

Will drop-off station. She checks there regularly when the attendant has gone for the day, and people have left bags and boxes outside the collection trailer.

Noleen is in her early fifties, but exposure to the elements for the past seven years and the absence of personal grooming gives her an older appearance. She has no real friends, other than a stray dog who forages for food behind Denny's during the day and snuggles to her at night. They keep each other warm. Just before dawn each day, she walks to the water's edge to wash her face and hands. When it's warm enough, she slips into the water for a quick bath.

What prevented Noleen from being a success in life? No friends, no husband, no job, no home. Why?

Human beings are a success or failure based on the view they have of themselves. When our opinion or view of ourselves is not a good one, we have a hard time rising above the mountain of negative baggage.



Gerald is a successful businessman. He owns a marketing firm and it is considered to be one of the best in the industry. Gerald puts in long hours, and even in his off time, he thinks and plans for the next day, month or year.

He has a wife and four children, but they seldom see him. He leaves for the office by seven o'clock in the morning, when the children are eating their before school breakfast. Often he eats dinner cold and

alone, even though it is scheduled each evening for six o'clock at home with the family.. One could call him a work-a-holic, to be sure, but somehow Gerald thinks he isn't doing enough. He loves pleasing his customers, and they usually are overwhelmed by the ideas and commitment to excellence that he displays. His family however, is another story. He just has no idea how to connect

with his wife and children, and most of the time they feel he's abandoned them.

When a person isn't sure about himself, wonders if he is "good-enough" and if his clients like him, he will work like a Trojan to prove to others that he has value, and still is unsure that he himself is adequate.



Mary Jane is a wife and mother, and a do-good volunteer at her children's school, her church and the local hospital. She is on the board of the local PTA and makes sure to attend every meeting and brings home-made goodies for snacks after the meetings. She spends her at-home hours preparing attractive and nutritious meals for her family. Her children are dressed impeccably, and her husband's shirts are carefully pressed so that he looks the best possible at the office.

Mary Jane is a helper par-excellence. It always makes her feel great to be able to comfort a hospital patient, be admired for her perfectly decorated cupcakes, and thanked for the fabulous meals she serves her family. She has discovered that she must always be the "johnny-on-the-spot" answer to everyone's dilemmas, and being that answer, certainly makes her think she has value for a few minutes anyway.

**Self-concept is a personal view of one's worth and value.** It's what you think that you are worth. Our earliest experiences contribute to the formation of our self-concept. When parents are thrilled at the prospect of a child's birth, the child in the womb has a very positive head start. When the actual birth is a normal, easy process and baby is able to connect with mother and father in the first four hours, establishing the connection outside of the womb that was briefly severed by birth, baby gets a bolus of positive input. During the first seven character-forming years, if a child has an emotionally healthy mother and father who provides all of the child's basic needs (see list in the box) the character (thoughts and feelings) of the child are formed with an optimistic view.

### Basic Needs of a Child

1. Mother and Father (present physically & emotionally)
2. To be loved and to love.
3. Acceptance - (to receive, to hear, to include, to consider important).
4. Affirmation - (words of encouragement and/or praise).
5. Support - supply strength and encouragement to achieve
6. Trust - to be able to rely on primary caregivers.
7. Knowledge - receive knowledge and instruction according to needs.
8. Safe and nurturing touch - without fear of pain or invasion.
9. Direction - training for self-government/decision making.
10. Participation - active caring and time devoted to child.
11. Sense of security (consistency, happiness, routine, peace.)
12. Wings - freedom at the appropriate age and maturation level.

**Self-image is based on the reflection that one sees of himself from the attitudes and behaviors of others toward him.** An image is a reflection – a picture coming back at you in the mirror of others.

**Self-worth is the innate (inborn) value you have just because you exist.** That value is placed on you by your Creator, and never changes despite your behaviors. Each life has value, regardless of who the parents are or from what lineage you have come. Life is precious and so are you!

**Self-esteem is to hold oneself in high regard – perhaps to think more highly of oneself than one ought to think.** It is to have a high regard for oneself, perhaps to think that self is superior to another.

**A poor view of one's personal value comes from our earliest experiences.** Our time in the womb and the relationship between our parents during that period, whether or not we are wanted and joyfully expected, strongly impacts whether or not we feel wanted. If we got the message in the womb that we were wanted, that message positively impacts our view of our value. Our interactions with parents, siblings, teachers, friends and others, contribute to our self image and self-concept. Our abilities to perform developmental tasks at the right time and doing them well, also impacts our self-concept.

Perhaps you found yourself in one of the above categories. If you are like Noleen, Mary Jane or Gerald, you may well have a self-concept or self-image issue. Perhaps your behaviors and thoughts are more subtle than each of the above examples, but in any case, you will want to improve your view of your worth and value. It will improve your life success and your relationships, to be sure.

How would I do this, you ask? Let's make it plain and simple. Fear is the emotion that fuels poor self-worth, so it must be addressed.

1. Identify what you fear.

2. Make a list.

3. Face one fear at a time. You cannot forget your failures, but instead use them as stepping stones to success. Look at why you may have failed before and the thing that caused the failure. You want to recall failures so that you don't repeat them. The mind won't really let you forget them anyway.

4. Get up and try again. It is not important that you failed, but that you make another attempt at succeeding. Failure had a cause. Once you have identified it, eliminate it from your next attempt at success.

5. You will be at your best when you are being yourself because of your uniqueness. It is considerate to care





about others' feelings but your need to shine is important also. Of course it helps here if you know who you really are and in which efforts you SHINE! Do not try to be like someone else either, because God made you unique and gave you gifts of ability and talent. Look for them in yourself and listen to what others tell you about your unique abilities.

6. Avoid persons who have a negative attitude which may rub off on you. Do not compare yourself to others. Knowing your gifts, use them to SHINE!
7. Do something to make yourself feel better such as: Take a recovery class and get to know the true you without the baggage of your wounds. Volunteer at a homeless shelter or vet's office. Be a Big Brother or Sister. Help someone else. Nothing makes you feel better about yourself than seeing how your help made someone else's load a little lighter. Take a class, study hard, and pass - learn something useful or interesting. It could be photography, oil painting, a literature appreciation class, or beginning guitar. Being accomplished at something raises self-concept.
8. Do not aim for perfection! Aiming for perfection in life is a lost cause because there is no such thing. Nobody is perfect in the eyes of everyone else, so by trying to be perfect you may just be setting yourself up for disappointment. Instead, seek to achieve goals. For example, take a class in art; study hard and work at doing your best. This is much more realistic, much easier to reach, and can do wonders for your self-concept.
9. Give yourself affirmations and believe those given to you. The term "self-fulfilling prophecy" in relation to self-concept basically states that **whatever you believe about you**, whether it be perfect or totally off base, **becomes true**. If you constantly tell yourself you are stupid or that you will never achieve success, you will in turn act as such. So, make a habit out of saying positive things about yourself and use the self-fulfilling prophecy to your advantage. Perhaps you remember the old computer term – GIGO.. It simply means, "Garbage In, Garbage Out. If you take in garbage or allow yourself to believe garbage-like words and thoughts about yourself, you'll put out garbage. Now that's no fun!

Learn to appreciate yourself. Everyone has strengths, weaknesses, habits, and principles that define who you are and can make you distinctive. Spend more time focusing on the qualities about yourself that you like and less on the ones that you dislike. You can better accomplish this by taking up hobbies and projects that you can do that will make use of your strengths. Additionally, by starting on some projects that emphasize your good traits, it will keep you busy so you will end up spending less time thinking about your weaknesses.

10. Look up some Bible texts where your value is spoken of. "You are the salt of the earth," "You are the pearl of great price," "For God so loved the world that He gave His only son . . ."
11. Remember, you are what the Bible is speaking of regarding worth and value, and **remember that your worth is infinite in the sight of God**. Tell that truth to yourself over and over.
12. One of the very best things you can do is to get into a Recovery Class. There you will be able to share with those in your group how you came to regard yourself as of little value. Your sharing and acknowledging of the pain that fostered your negative belief, is a great step toward wholeness.

May God bless you with renewed desire to SHINE! May He give you the strength to face your wounds, to heal from them and to become a beacon yourself, guiding others to discover their value so that they too can SHINE!

### What Others are Saying:

Having just returned home from a seminar, our hearts are full of praise and thanksgiving to God for the ministry of Ron and Nancy Rockey. We thank them for opening our eyes to the reasons for our own defects, for the reasons of our church family's inability to unite under the Holy Spirit, for a whole new depth of understanding of what "sanctification" really means, and for beginning of recovery for us personally.

At the upcoming church board meeting, we will present this, with a recommendation that we purchase the small group tools. Pray for us.

Please keep up your support of the Rockeys in their ministry. It is vital to the church and to the unchurched. We can't express our gratitude strongly enough. May God bless your continued service as we reach out together in love to God's children.

**MP3 DOWNLOAD NOW AVAILABLE**

### "Belonging"



Formerly available as a 6-CD set. Explore the various styles of attachment, developed in infancy and early childhood and how these develop with Ron and Nancy. MP3 of a live seminar. [Click here to hear a sample and order your copy.](#) \$24.99



Once ordered, you will receive an email with a link to download the file. File size – 338 MB.

# Questions & Answers

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**Q:** I have reason to believe that my husband is an addict. He stays in our office for long hours but gets no work accomplished. I have walked in to the study and seen pornographic images on the screen.

Why are men so easily addicted to porn and what can I do about this situation in our home? I am concerned for our negative influence on our children.

**A:** We can appreciate your concern - it is appropriate! There are many widely differing thoughts on the use of pornography, but since you asked us, we will give you our take on it.

First of all, all of our thoughts and behaviors have an origin. No behavior just comes out of a vacuum. This being the case, porn's use also has an origin.

Addictions of all sorts arise from our very beginnings, during the time when Mother and Father are to bond with us and we are to attach to them. When those needs are not met in childhood, we are set up to endeavor to fill those needs for connection, for fullness. If, due to illness, death, divorce or abandonment we are separated from parents during our character-forming years (conception through age 7) we will pass through three stages of separation.

As identified by Dr. John Bowlby, a well-known British psychologist, **the first stage is called protest**. This is when a child screams, cries and has what appears to be temper tantrums. In this stage, the child is pleading for parent(s) to return for them. Early on, children do not understand that a parent may not be seen, and still exist. To them, if Mother or Father disappears, even briefly, the parent no longer exists and the sense of insecurity and fear in the child is overwhelming.

**The second stage is despair.** This is a period of grieving or mourning. The child is listless, disinterested in eating or normal childhood activities, just an adult would feel and behave when a death of someone close to them or an unwanted divorce occurs. This period can last for weeks. They tend to cut others off or to cling desperately.

**The final stage is detachment.** In this stage the child has resigned themselves to the idea that the parent will never return, their need will never again be filled. Somehow the child determines that no one can really be trusted and the responsibility for survival rests squarely on their shoulders.

Detachment is the origin of addictions. **Addictions are our attempts at getting needs met by what I can do to fill the emptiness I feel.**

Having said all of the above, let's move on to the addiction of pornography. Your question was - why are men so easily addicted to pornography?

All human beings have a sensual/sexual component to their being. Men have a need to connect just as much as women do, and they express their connectivity in a sexual manner, where women tend to be more emotional - desirous of conversation and non-sexual affection to connect. Men have a need for the physical ejaculation of semen approximately every three days. Men are visually stimulated sexually. The sight of a beautiful woman or a woman who is exposing the more sensual parts of her body (breasts, legs and pelvic area) arouses feelings in their genitals.

In pornography, while sexual parts of the body are exposed, often the most fascinating, attention-getting feature of the picture is the eyes of the woman. Those eyes are saying to the man, "I want you!" Especially to a man who did not have a healthy, appropriate connection to the women in his childhood experience - primarily to mother - the "I want you" message seems irresistible. His response is his need to connect, to fill the emptiness he experiences from a mother who was absent or emotionally disconnected and therefore unable to bond to her son.

Now then, what can you do about the presence of porn in your home?

You are certainly right to be concerned about the influence on your children, because children are attracted to the exposure of sexual body parts like water to a sponge - both in pictures and in real experience. Exposure to it at an early age quickly creates a fascination with it - another cause for teen and adult attraction to porn.

1. Sit with your husband when the children are asleep and the two of you will be without interruption (you may have to take the phone off the hook).
2. Do NOT come across in an accusatory fashion - offense always calls up defense on the other person's part.
3. Tell him that you miss him when he is long hours in the study. After all, you married to be together, but his long hours in the study as well as your busyness with household chores and the children, prevent your emotional connection with each other. You need to nurture your nearness, date, share thoughts and feelings and be each other's confidant.
4. Share with him that in a way, you feel betrayed - that you feel compared unfavorably to the women in the pictures he views. It's as if those women want him, and you don't. Assure him of your desire for him in every way.
5. Assure him of your love and devotion to him and to your marriage. You may want to do this several times in the conversation. Unfortunately, in most marriages, the husband takes on the father role and the wife takes on the mother role - in relation to each other as well as parents to their children. When this occurs, sexual interest in and desire for each other wanes.

## Announcements

6. Suggest that you learn together about addictions: where they come from and what to do to rid yourself of them. Contact LRI for materials, such as The Passenger (Segment One of The Journey).
7. Ask him to agree to help - to discover what needs he has that are not being met. Note: that it is not necessarily that you are not meeting his sexual or connection needs, but that his addiction was set in place long before he knew you. Wives of sex addicts often take the complete blame for their husband's behaviors. This only drives a deeper wedge. If he really wants assistance and he is concerned about his addiction, refer him to LRI and to consultation available there.
8. Above all, be sure to not "speak down" to your husband. Demeaning him will come across like you being a mother, and that will complicate the situation and your marriage. Assure him that you want to work together to understand the origins of the pain as well as the origins of your feelings.

You can get this information in detail in our *Created for Success* - 16 session program designed for married and engaged couples. It's available at [www.yourLRI.com](http://www.yourLRI.com) or by calling 1-888-8000LRI.



\*\*\*Notice highlighted date changes below\*\*\*

### Upcoming Live Events

Date	Place	Seminar
Oct. 25-26	Walla Walla, WA	Acceptance
<u>2009</u>	<u>2009</u>	<u>2009</u>
Jan. 10 – 11	Miami, FL	Acceptance
Jan. 31 – Feb. 2	Maine	Clergy Marriage Retreat
Feb. 22 – 23	S. New England	Marriage Retreat
March 20 – 22	Columbus, OH	Evangelism Retreat
April 4 – 5	Portland, OR	Why?
Aug. 22-23	Columbia, SC	Pending

**Last Chance Registration** - Walla Walla "Acceptance" seminar. Only 3 weeks away. Limited seating. Please register early to reserve your seat and to help event planners plan food. Register online at [www.yourlri.com](http://www.yourlri.com) or call 1-888-800-0574

**Schedule Changes** – Take note of date changes for Florida and Oregon in the Upcoming Live Events.

**Are you looking for a group in your area?** Search for groups in your area [here](#).

**LRI Connect** – Have questions, comments, or ideas you would like to discuss with others? LRI Connect is a discussion forum where you can voice concerns about life issues, receive advice and feedback from LRI participants, and offer suggestions for new topics to be covered in Life Renewal Institute seminars and products. [Join today to start posting.](#)

**Facilitator Forum** – Are you a facilitator that would like to connect with other facilitators? Share questions, concerns, and/or discoveries with other facilitators. Support each other in this process. In order to join this forum, you will need to first [register as a facilitator](#).

## Keep Going

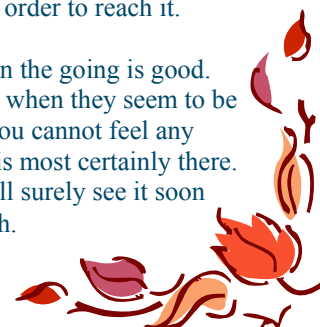
By: R. Marston

Some days it's difficult to see the progress you're making. Some days it may even seem that you're moving backwards. Keep going. The moment you've been working toward gets ever closer as you move persistently through each day.

Each effort, whether you can see it or not, moves you forward. Even the seeming failures make you stronger and push you in the direction of your goal.

Those who keep going only when the going is good, will never make it all the way. The value of achievement is built upon the difficulties you must cross through in order to reach it.

Keep going no only when the going is good. Persist in your efforts even when they seem to be pointless, even when you cannot feel any progress. For the progress is most certainly there. Keep going, and you will surely see it soon enough.







## Walla Walla University

Fine Arts Center  
290 S College Ave., College Place, WA 99324

What produces feelings of rejection?  
How does rejection manifest itself?  
Get tools to turn rejection into acceptance.  
Replace hopelessness with **hope**.

**Oct. 25**  
9 a.m. – 5 p.m.  
(includes lunch)

**Oct 26**  
9 a.m. – 3 p.m.

**Local Contact:**  
Freta @ 509-301-2435  
Alex @ 509-301-6149



Drs. Ron and Nancy Rockey

### TO REGISTER:

<http://www.yourLRI.com>  
1-888-8000LRI  
1-888-800-0574

**\$75**  
Register by  
Aug. 15 for a  
\$5 discount



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The Journey – Segment 2

## Available Seminars

### Attachment



Your emotions do not come to you from "out of the blue" but each has an origin, an instigating experience that produces within you thoughts and feelings about yourself and others. Your "software" was programmed by responses to your mother while developing in her womb and early interactions with your birth parents and primary caregivers. It is from these early experiences of abandonment, abuse, neglect, security or love that you developed your personal attachment style.

### Acceptance

Understanding rejection and being released from it's grip. All of us have experienced rejection in many different forms which drives today's behaviors.



### Affirmation



Seeking to identify the various forms of abuse and their affect on our lives today. Abuses discussed include verbal, emotional, physical, and sexual. Tools will be provided to allow you to recover from the negative emotions connected to the abuse you have received.

### Why?



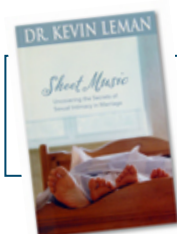
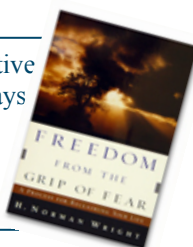
This seminar gives an overview of the 4 segments of the Journey, using the Y factor. Internal assurance, peace, and love in relationships with God, family and friends will be better every day. Answers questions like, "Why do I do what I do? Why does no one love me? Why can't I get along with others? Etc.

If you would like a live seminar in your area, please contact Audrey, [audrey@yourlri.com](mailto:audrey@yourlri.com) for details and scheduling.



Concerned about enhancing your marriage? Getting married soon? Do you want your relationship to be as beautiful as your wedding? "Created for Success" was designed to give you the tools and knowledge you need to keep your relationship fresh and vibrant. If you desire true oneness with your partner, this seminar on six DVD's will help you to understand and resolve the issues facing couples today. Perhaps the honeymoon need not end after all. **\$199 + S&H.** [Order online here](#) or call 1-888-800-0574

Dr. Norman Wright helps you understand the negative effects of fear on your life, and provides proven ways to steer your thoughts and feelings away from fear toward faith and hope. **\$12.99 + S&H.** [Order online here](#) or call 1-888-800-0574



Uncover the secrets of sexual intimacy in marriage. **\$12.99 + S&H.** [Order online here](#) or call 1-888-800-0574

How to break free from your sexual past. Barbara Wilson gives a hands-on tool for changing not your past, but your future. This book contains a built in study guide, and symptom checklist. **\$12.99 + S&H.** [Order online here](#) or call 1-888-800-0574



**November 2, 2008**

\*\*Note: All pictures used with permission

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**Orders over \$100 = free shipping - or - add \$6 for first item and \$2 for ea. Additional item**

Title		Qty.	Price ea.	Total	B/O
<b>BOOKS</b>					
	Belonging		\$12.99		
	Bold Love		\$13.99		
	Boy Who Was Raised as a Dog		\$15.95		
	Breaking the Cycle of Divorce		\$19.99		
	Changes That Heal		\$12.99		
	Changes that Heal – Workbook		\$12.99		
	Chosen		\$12.99		
	En Casa – Belonging (Spanish edition)		\$12.99		
	For Men Only		\$14.99		
	For Women Only		\$14.99		
	For Young Women Only		\$13.99		
	For Parents Only		\$14.99		
	Freedom from the Grip of Fear		\$12.99		
	Gift of Forgiveness		\$12.99		
	Healing the Scars of Emotional Abuse		\$12.99		
	Heart Speaks		\$14.00		
	Hearts Code		\$14.95		
	His Needs – Her Needs		\$19.99		
	His Needs – Her Needs (audio book)		\$39.99		
	Inside Story		\$5.95		
	Invisible Bond		\$12.99		
	Lies at the Alter		\$24.95		
	Living Successfully with Screwed-Up People		\$12.99		
	Loving Your Child too Much		\$21.99		
	Magical Child		\$15.00		
	Magical Parent – Magical Child		\$17.96		
	Managing Emotions		\$9.95		
	New Brain		\$14.95		
	Nurturing the Unborn Child		\$15.95		
	Parenting the Heart of Your Child		\$13.95		
	Pre-Parenting – Nurturing your Child from Conception		\$14.00		
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	To Be Told		\$13.99		
	To Be Told – Workbook		\$11.99		
	Unbreakable Bonds		\$16.99		
	Why You Do the Things You Do		\$13.99		
	Wounded Heart		\$14.99		
	Wounded Heart - Workbook		\$15.99		
<b>Subtotal of Books (enter on reverse side)</b>					



	Title	Qty.	Price ea.	Total	B/O
<b>Audio/Visual</b>					
	22 Week Notebook - Binding The Wounds		\$25		
	22 Week Notebook in Spanish - Binding The Wounds		\$25		
	22 Week Small Group – BTW (English) – DVD + 2 Notebooks		\$249		
	22 Week Small Group – BTW (Spanish) – DVD + 2 Notebooks		\$249		
	Binding The Wounds – CD – audio seminar		\$99		
	Binding The Wounds – DVD – video seminar		\$199		
	Connecting – CD		\$89		
	Created for Success – DVD – with 2 workbooks		\$199		
	Journey to NAI – facilitator copy		\$30		
	Journey to NAI – student copy		\$10		
<b>The Journey Small Group Recovery Program</b>					
	Passenger Lesson Guide DVD		\$149		
	Passenger Notebook		\$49		
	Mode Lesson Guide DVD		\$149		
	Mode Notebook		\$49		
	Route Lesson Guide DVD		\$149		
	Route Notebook		\$49		
	Destination Lesson Guide DVD		\$149		
	Destination Notebook		\$49		
	RING BINDERS (with purchase of The Journey Notebook)		\$0		
<b>Misc.</b>					
	Macaroni Pin		\$4		
<b>Subtotal of Audio/Visual and The Journey Program</b>					
<b>Subtotal of Books (from front)</b>					
<b>TOTAL</b>					



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